AUTODOC CLUB

How to change rear shock absorbers on **BMW X5 (E70)** – replacement guide

SIMILAR VIDEO TUTORIAL

This video shows the replacement procedure of a similar car part on another vehicle

Important!

This replacement procedure can be used for:
BMW X5 (E70) xDrive 30 d, BMW X5 (E70) xDrive 40 d, BMW X5 (E70) 3.0 d, BMW X5 (E70) 3.0 sd, BMW X5 (E70) xDrive 35 d

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: BMW X5 (E53) 4.4 i

REPLACEMENT: SHOCK ABSORBERS – BMW X5 (E70). LIST OF THE TOOLS YOU'LL NEED:

- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #19
- Combination spanner #21
- Drive socket # 10
- Drive socket # 21
- Wheel impact socket #17
- Ratchet wrench
- Flat Screwdriver
- Adjustable wrench
- Crow bar
- Hydraulic transmission jack
- Wheel chock

Buy tools

Replacement: shock absorbers – BMW X5 (E70). AUTODOC recommends:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- All work should be done with the engine stopped.

REPLACEMENT: SHOCK ABSORBERS – BMW X5 (E70). USE THE FOLLOWING PROCEDURE:

1 Secure the wheels with chocks.

2 Loosen the wheel mounting bolts. Use wheel impact socket #17.

3 Raise the rear of the car and secure on supports.

4 Unscrew the wheel bolts.

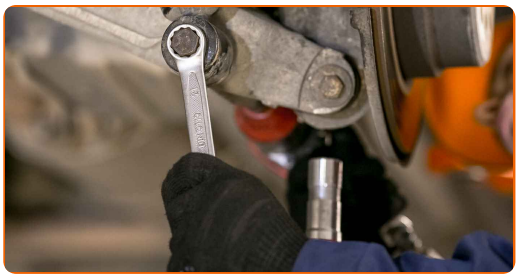
Replacement: shock absorbers – BMW X5 (E70). Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

5 Remove the wheel.

6 Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.

7 Unscrew the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.

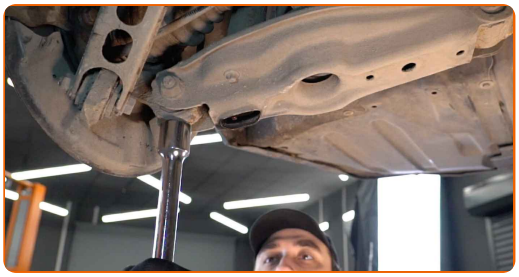


8 Remove the fastening bolt.

9 Support the stub axle. Use a hydraulic transmission jack.

10 Detach the lower part of the shock absorber. Use a crowbar.

11 Remove the support from under the stub axle.



AUTODOC recommends:

- BMW X5 (E70) – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

12 Lower the car.

13 Open the boot lid.

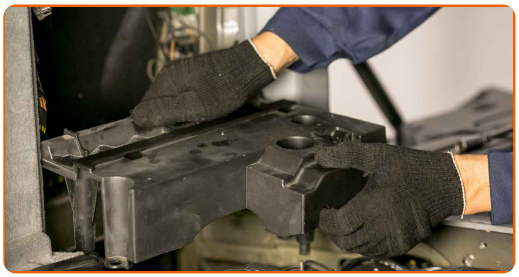
14 Remove the boot front lower lining.

15 Unscrew fixing bolts of the protective cover. Use a drive socket #10. Use a ratchet wrench.

16 Remove the cover of the boot side lining.

17 Fold down the backrests of the rear seats.

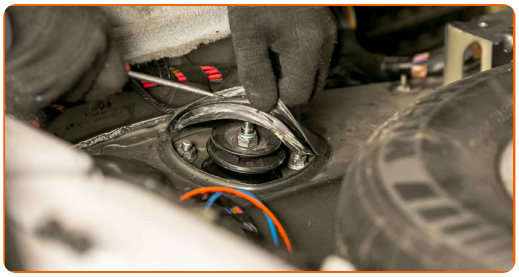
18 Remove the protective cover.



19 Remove the clips. Use a flat screwdriver.

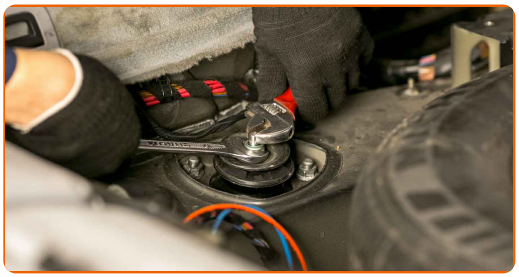
20 Remove the protective cover.

21 Remove the protective cap of the shock absorber mount. Use a flat screwdriver.



22 Clean the shock absorber rod fastener. Use a wire brush. Use WD-40 spray.

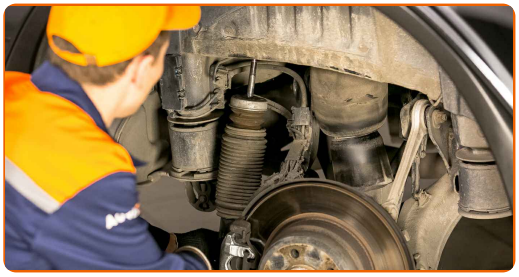
23 Remove the shock absorber piston rod fastening. Use a combination spanner #19. Use an adjustable wrench.



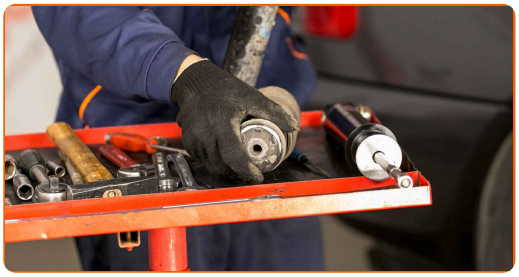
AUTODOC recommends:

- To avoid injuries, hold the shock absorber when undoing the fastening bolts.

24 Remove the shock absorber.



25 Remove the shock absorber dust cap and the bump stop. Use a flat screwdriver.



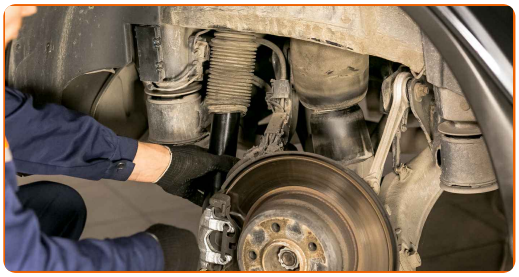
Replacement: shock absorbers – BMW X5 (E70). Tip from AUTODOC experts:

- Examine the shock absorber dust cap and the bump stop. Replace them if necessary.
- Before installing a new shock absorber you should pump it manually 3-5 times.

26 Install the dust sleeve and the bump stop on the new shock absorber.

27 Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.

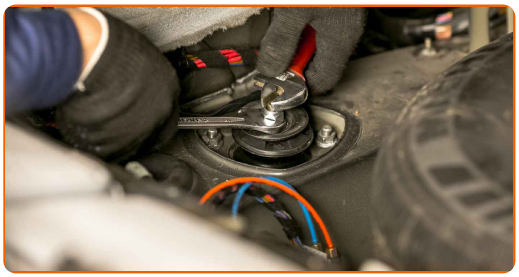
28 Place the shock absorber in the wheel arch and secure it.



Replacement: shock absorbers – BMW X5 (E70). AUTODOC experts recommend:

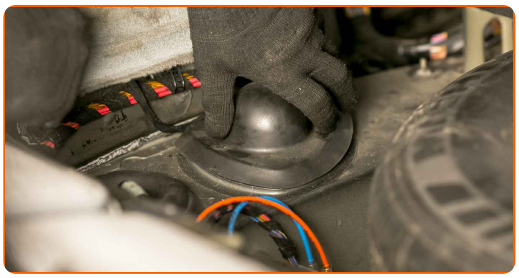
- To avoid injury, hold the shock absorber cautiously tight when screwing in the fastening bolts.

29 Tighten the shock absorber rod nut. Use a combination spanner #19. Use an adjustable wrench. Use a torque wrench. Tighten it to 25 Nm torque.



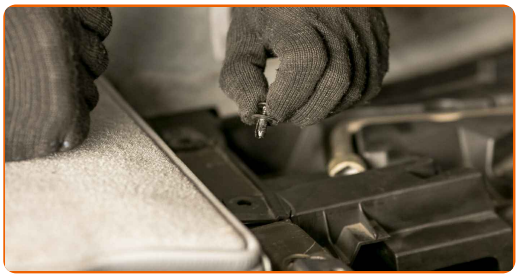
30 Treat the shock absorber fasteners. Use copper grease.

31 Install the protective shock absorber mounting cap.



32 Install the protective cover.

33 Reinstall the pop clips of the protective cover.



34 Return the seat to its original position.

35 Install the protective cover.

36 Tighten fixing bolts of the protective cover. Use a drive socket #10. Use a ratchet wrench.

37 Install the cover of the boot side lining.

38 Install the boot front lower lining.

39 Close the lid of the luggage compartment.

40 Raise the rear of the car and secure on supports.

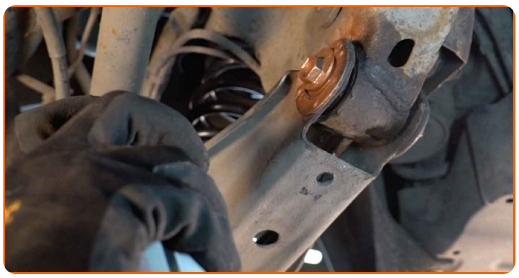
41 Support the stub axle. Use a hydraulic transmission jack.

42 Attach the lower part of the shock absorber.

43 Install the fastening bolt.

44 Tighten the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a torque wrench. Tighten it to 127 Nm torque.

45 Treat the shock absorber fasteners. Use copper grease.



46 Remove the support from under the stub axle.

AUTODOC recommends:

- Replacement: shock absorbers – BMW X5 (E70). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

47 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.

48 Clean the brake disk surface. Use a brake cleaner.

AUTODOC recommends:

- Replacement: shock absorbers – BMW X5 (E70). After applying the spray, wait a few minutes.

49 Install the wheel.

Replacement: shock absorbers – BMW X5 (E70). Tip from AUTODOC:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

50 Screw in the wheel bolts. Use wheel impact socket #17.

51 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 140 Nm torque.

52 Remove the jacks and chocks.

WELL DONE!

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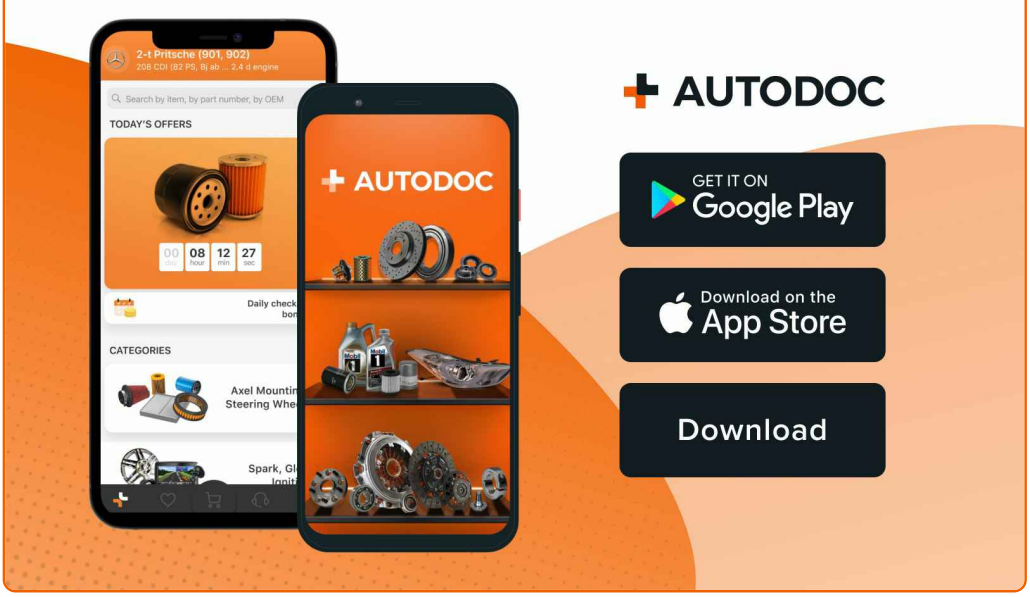

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